



PATINA  
MALDIVES • FARI ISLANDS



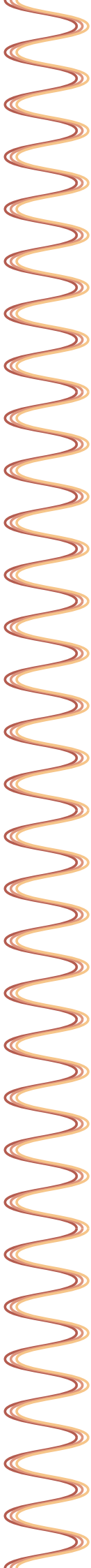
# FLOW

## EUPHORIA, ENERGY AND EQUILIBRIUM: FLOW LIBERATES WELLBEING AT PATINA MALDIVES, FARI ISLANDS

Natural vitality. Clean products. Biological betterment: the newly opened flagship from lifestyle brand [Patina Hotels & Resorts](#) introduces FLOW; plant-powered natural experiences that move freely through every space, liberating guests to tune into euphoria and balance.

Opened on 18 May 2021, [Patina Maldives, Fari Islands](#) has crafted an intelligence-led, sensory approach to holistic wellbeing through its wellness offering, FLOW. Healing through sound, touch, and intelligent technology, the concept focuses on cultivating a state of mind, body and play where connection comes from letting go, nurturing body and soul by being in the moment.

Every wellness journey at Patina Maldives begins with a personal consultation to give guests insight into their posture, sleep, and lifestyle habits. Bespoke programmes combining movement, nutrition, and biohacking with nurturing therapies are designed for each guest, harnessing their energy to embrace total freedom, enhance overall vitality and boost immunity. Rooted in the belief that wellbeing of the individual is inextricably linked to that of the planet, Patina's light-footed offering combines the cleanest of products with



a collection of experiences, Immersions and technologies designed to release the mind and promote cellular growth.

### GO WITH THE FLOW

Spanning 1,500 square metres, [FLOW](#) at Patina Maldives is a place of pure and tangible soul, crafted from native materials and made perfect by human talent. It offers a complete wellbeing journey by providing inspiration, guidance, and opportunity for guests to recharge, reconnect and rediscover themselves, each other, and nature, in lush surroundings. The best therapeutic practices from around the world and professional advice come together to support guests in exploring their full potential for a happier, healthier, and more fulfilling life.

A collection of high-performance facials for men and women are complemented by deeply nurturing holistic body immersions in six double treatment suites, designed with simple, clean lines and warming wood tones to cocoon guests in a space of calm serenity. The Vagus Nerve Meditative Massage focuses on the longest cranial nerve in the body - reaching from the brain to the gut - to regulate stress, rest and digestion; and Vibration Therapy, in which sound and vibration balancing are used to heal stress disorders, pain, depression and soothe that emotional roller coaster. Aquatic-led Immersions exist in the form of Watsu, a gentle water bodywork perfect for deep relaxation and tranquillity, as well as flotation tanks, which give you sanctuary from an overstimulated world and may lead to increased creativity, focus and concentration.

### HEAR TO HEAL

As a key component of FLOW and catalyst to the Immersion menu, cutting edge biohacking applications allow guests to explore new ways of ensuring they look and feel their very best. Pioneering [IRIS](#) sound immersion technology triggers positive brain activation through audio, using an algorithm to split out and increase sound wave information to the brain. The process stimulates the brain-boosting high frequency Beta waves (13-30 Hz) dominant in our waking state and when we are alert, attentive and focused on a demanding task. This sound evokes an active listening brain state reflecting higher engagement and reward, and associated endorphin release - described by psychologists as a 'flow state'.

Immersive sound brings neurological benefits ranging from improved motivation and performance levels to increased learning and feelings of wellbeing and personal fulfilment. By inducing deep relaxation, it has been shown to improve cardiac health by boosting heart rate variability. The sessions are delivered through patented IRIS Flow headsets in the relaxation area, either before or after immersions, to prepare or relax the body and mind, or as a complement to creative activities.

Curated to showcase this unique collaboration, an exclusive IRIS x Patina Hotels playlist is now available via the IRIS - Listen Well mobile app. Simply download the app for free via [App Store](#) or [Google Play](#), click on 'IRIS Library' and select 'IRIS x Patina Hotels' under 'IRIS-curated playlists'.

### CLEAN PRODUCTS

The product ranges on the island have been selected for their outstanding performance, shared vision and Oceans First philosophy. Providing the skincare and cleansing products throughout the resort including the in-room amenities, Margate-based [Haeckels](#) has created an exclusive range, The Indian Ocean Collection, especially for Patina Maldives, Fari Islands. The key component in Haeckels products is natural seaweed, rich in vitamins, minerals and amino acids with hydrating, anti-bacterial and anti-inflammatory properties. The Indian Ocean Collection combines Eucheuma Cottonii, also known as 'Sea Bird Nest', an edible local seaweed harvested in Sri Lanka widely recognised for its powerful healing properties. This is combined with locally foraged and sourced ingredients including lemon verbena, grapefruit, lime, and lemongrass to create a deeply personal product range designed for on island life. The collection also includes two massage oils for use in treatments, created using Maldivian papaya and local ingredients: Calm, featuring jojoba, papaya and lemon verbena oil and Uplifting, with neroli and Egyptian geranium.

Alongside Haeckels, Immersions are delivered using the [OSEA](#) range of innovative skincare formulations. Drawing inspiration from the ocean, sun, earth, and atmosphere, this family-run business is dedicated to creating products and experiences that support mental and physical wellbeing and has led the way in the industry in eliminating harmful ingredients in its formulations. The range is produced using certified vegan, organic, bioavailable seaweed, and pure steam-distilled and cold pressed essential oils, priding itself on its rigorous supply chain and official climate neutral status. This results-driven ethos has ensured the products in the range have a cult international following.

To combat the fatigue of travel and support the immune system through environmental changes, exclusively designed vitamin blends are provided by [Nourished](#), creators of bespoke 3D-printed 'gummy stacks' of nutritional supplements. The customised Patina Blends come in different compositions including Amplify & Harmonise, Inner Peace, Inner Beauty and Inner Strength, which can assist with improving skin tone, energy, sleep, relaxation, and focus. The gummies are made from 28 key ingredients, including ginger, vitamin B12, Lycopene, Ashwagandha and patented ingredients LactoSpore, HydroCurc and Vita-algae D3. Guests can also arrange for their own personalised blend to be prepared and delivered ahead of their arrival via the Patina app.

### PLANT-BASED POWER

Nutrition is an integral part of the FLOW ethos, as reflected in a series of plant-based culinary Immersions at Roots, the resort's signature plant-based restaurant. Specially designed Roots x FLOW menus may be recommended as part of a wellness journey, offering guests the opportunity to bio hack their immune system through nutrition.

Pure, seasonal ingredients - locally sourced where possible - are cherished, and mindful, plant-based eating is central to the resort's culinary ethos. An on-island organic permaculture garden provides fresh produce for the kitchens, all grown from meticulously sourced super-strain organic plant seeds with original DNA for enhanced nutrition. Guests are encouraged to explore and forage the variety of vegetables and herbs available within the garden at their leisure to unite their senses and offer an opportunity to be present and connected to their culinary experience.

### AN ENERGY THAT SETS YOU FREE

Personal growth is stimulated further with access to sleep therapists, nutritionists, Reiki practitioners and posture specialists, who make up the pulse of Patina Maldives. Feel the pulse with life changing ideas and knowledge through the resort's weekly schedule of happenings. On island is a large selection of low and high impact group exercise classes, nature and cultural activities as well as 24-hour access to Reboot (the gym), two swimming pools, and complimentary use of bikes, snorkelling sets, stand-up paddle boards and kayaks.

Guests will receive a personalised note from their Essentialist a week prior to arrival to establish preferences - from slipper and bathrobe sizes to dietary requirement and preferred drinks for the minibar - and assist in making any special arrangements or wellbeing bookings. All wellbeing services will also be available to book on the Patina app, both in advance and on-island.

— Ends —



## NOTES TO EDITOR

### ABOUT PATINA MALDIVES, FARI ISLANDS



Patina Maldives, Fari Islands is the inaugural flagship property from sophisticated new lifestyle brand Patina Hotels & Resorts, the latest hospitality concept by Capella Hotel Group. Designed by renowned Brazilian architect Marcio Kogan, Patina Maldives offers 90 contemporary one- to three-bedroom Beach and Water Pool Villas, alongside 20 Fari Studios, all of which embody a harmony of sanctuary and stimulation.

Set in the Fari Islands archipelago in North Malé Atoll, guests can immerse themselves in a new expression of island life through thoughtful tailor-made wellness journeys, interactive music programmes, captivating culinary experiences, and bask in the light-filled James Turrell Skyspace pavilion – all while embracing the vibrant social scene that emanates from the destination's communal heart: the Fari Marina Village and Fari Beach Club.

### ABOUT HAECKELS

Haeckels is a 100% natural skincare brand from Margate. They harvest seaweed from coastal regions and formulate these extracts into perfumes, candles, skincare, and homeware products. Founded in 2012 by volunteer beach warden and coastal enthusiast Dom Bridges, Haeckels was born of disillusionment by the production ethos of many larger skin care companies. Dom wanted to create simple hand-crafted products that showcased the surrounding coasts natural ingredients in the hope that the products themselves would then promote Margate's heritage of healthy coastal living. When Haeckels was just starting out Dom would collect seaweed and local botanicals along the Margate coast and bring them back to his family kitchen to experiment. Sustainability has always been part of Haeckels' philosophy and has only become more and more entwined with what they do. Haeckels strives to implement the same care found in their hometown of Margate and raise the same awareness about the fragility and value of the ocean. Never satisfied with following the status quo, the brand protects the ocean through ocean conservation partnerships, challenges the wasteful cosmetics industry through housing products in glass and packaging them in award-winning mushroom packaging whilst also creating revolutionary products including pill format shower gels that are activated in water.



## ABOUT OSEA

Drawing inspiration from the ocean, sun, earth and atmosphere, OSEA was created with a singular intention in mind – to deliver your best skin with the highest quality ingredients. Using the best ingredients possible, sourced from all over the world, has allowed OSEA to eliminate the need for synthetic ingredients entirely, while delivering active and effective solutions for your skincare needs. OSEA products are all plant-based and gluten-free, as they pride ourselves on their commitment to delivering conscious vegan skincare. OSEA's products are cruelty-free and do not contain animal-derived ingredients such as lanolin, beeswax, carmine and beyond. OSEA believes animal rights matter. Since 1996, this family owned and operated business has been passionate about reducing their environmental impact. At every touchpoint they aim to minimize their carbon emissions from the recyclability of packaging to using renewable energy for the office and skincare studio, and even through giving initiatives in support of organizations that work hard to protect our planet for future generations. OSEA is now officially Climate Neutral Certified. Climate Neutral is a nonprofit that helps brands to offset greenhouse gas emissions. With the support of Climate Neutral, OSEA were able to measure, offset and reduce 100% of their carbon footprint for the year 2020. They will affirm this commitment annually.



## ABOUT NOURISHED

Nourished is the world's first truly customised nutrition product. Using an innovative 3D printing technology and patented vegan encapsulation formula, Nourished has developed a revolutionary method to combine seven different active ingredients into one daily personalised stack. 98 per cent of Nourished's ingredients are sourced from the UK and are from ethically sourced suppliers which are all vegan certified, sugar-free, free from all major allergens, and Halal and Kosher friendly. All Nourished packaging is 100 per cent plastic-free and is recyclable or home compostable.



## ABOUT IRIS

Jacobi Anstruther-Gough-Calthorpe has been considered a leading innovator in the music industry for over 15 years. Possessing a background in finance and an irrepressible entrepreneurial spirit, he has been behind start-ups spanning technology, music, venues and record labels. With a clear vision and desire to instigate change in the music space by bringing 'live' experiences to everyone, Jacobi became obsessed with tackling music compression and audio quality issues alongside neurological behaviour and human performance. It was in 2016, while building a music festival in California that would blend music and social change with audio quality at its heart, that he was introduced to the two key engineers behind IRIS technologies Ltd. Instantly blown away by the superior audio experience and their unique understanding of the neurological effects of sensory input stimuli, he began to build a business model focused

on hacking the nervous system to improve human performance and quality of experience looking to solve the many issues found with digital content. Today IRIS has been recognised as the most innovative steps forward in audio and human performance in over 10 years. IRIS continues to expand its understanding of this area and the book of patented technology solutions.



#### ABOUT PATINA HOTELS & RESORTS

Patina Hotels & Resorts is the latest hospitality concept from Capella Hotel Group. Born out of guests' desire to honour individuality, Patina appeals to a new generation of travellers who seek deeper connections with themselves and the world around them. The human-centred design flows with the natural modes people are in, gently and intuitively providing for each guest's individual needs, ensuring that no two stays are exactly the same. A five-star, sophisticated lifestyle brand, Patina Maldives, Fari Islands will be the first launch, with a property in development in Ubud, Bali and opportunities in China, Japan and Southeast Asia also being pursued.

#### ABOUT FARI ISLANDS

Fari Islands is an elevated Maldivian resort experience that celebrates nature, craft and connection. A Pontiac Land Group development anchored by three world-class hospitality brands, Fari Islands is located in the North Malé Atoll within the Maldives, a 45-minute luxury boat transfer from Malé International Airport.

The archipelago also features the picturesque Fari Marina Village, built around a vibrant Beach Club, charming boutiques and a selection of handpicked, upscale food and beverage options. Spaces have been masterfully designed by renowned architects from Studio MK27 (by Marcio Kogan), Kengo Kuma & Associates, and Kerry Hill Architects, to bring about a delicate balance of serene and social. One of the islands is home to a thoughtful hospitality campus; Fari Campus is a dedicated island for staff with a focus on community, education, and engagement, and is the first of its kind in the Maldives.

For further press information or images on Patina Maldives, Fari Islands, please contact:

Zainab Hussain Shihab

Marketing Communications Manager  
zainab.shihab@patinahotels.com

Luann Alphonso

Director of Marketing Communications  
luann.alphonso@patinahotels.com

Patina Maldives, Fari Islands  
Fari Veli Huraa  
North Malé Atoll, 20026  
The Republic of Maldives

[patinahotels.com/maldives](https://patinahotels.com/maldives)

 @patinamaldives

 @patinamaldives

